

La Crosse Encephalitis

Waa maxay *La Crosse encephalitis*?

La Crosse encephalitis waa jirro fayras keeno oo loogu gudbiyo dadka qaniinyada kanecada. Fayrasku waa bunyavirus gudaha serogroup California wuxuuna si dhaw ula xidhiidhaa fayraska Jamestown Canyon. Cilmi-baadhayaasha *La Crosse*, Wisconsin waxay markii ugu horraysay ogaadeen fayraska sanadkii 1964.

Sidee ayuu halis u yahay *La Crosse encephalitis*?

Dadka badankooda qaba infakshankan ma yeelandonan calaamad ama astaamo hargab oo kale ayey yeelandonan. Calaamadaha sida caadiga ah waxay si dhakhso ah u muuqdaan 1-2 toddobaad gudahood marka ay qofka qaniinto kanecoo caabuqa qabtaa. Qiyaas yar oo ah dadka, gaar ahaan carruurta, ayaa laga yaabaa inay ku dhacdo *encephalitis* (caabuqa maskaxda). In ka yar 1% xaaladaha cudurka *encephalitis* waa mid dilaa ah. Bukaannada intooda badani si buuxda ayay u soo kabtaan inkastoo qaar ka mid ah bukaannada ay qadaan dhibaatooyin habdhiska dareenka oo muddada dheer ah sida suuxdinta ama cilladaha garashada.

Kiisaska ugu daran waxay ku bilaabaan madax-xanuun, qandho, lallabo, ama daciifnimo. Xanuunku waxaa laga yaabaa inuu si degdeg ah ugu gudbo jahawareer, suuxdin, iyo miyir-beel.

Ma jiraan daawayn cudurku leeyahay oo aan ahayn daryeel caafimaad. In qofka cusbitaal la dhigo ayaa daruuri noqon karta xaaladaha daran.

Yaa halis u ah *La Crosse encephalitis*?

Xaaladaha aadka u daran ayaa inta badan ku dhaca carruurta. Celceliska da'da ee kiisaska la soo sheegay ee Minnesota waa 6 jir. Gobolka Minnesota, xaaladaha *La Crosse encephalitis* waxaa laga helay aagga koonfur-bari ee gobolka, oo ay ku jiraan magaalooyinka Twin Cities iyo degmooyinka ku hareeraysan. Carruurta ku nool ama ku ciyaara ama ku ag ciyaara aagagga geedaha waawayn leh ee goboladani ayaa khatar ugu jiraan.

Waa maxay nooca kanecada ee faafisaa *La Crosse encephalitis*?

Minnesota gudaheeda, waxaan haynaa 50 nooc oo kanecoo ah laakiin dhammaan kanecada ma cunaan dadka. Cudur-sidaha ugu muhiimsan ee *La Crosse encephalitis* waa kanecada godka jirridaha dhirta ee bariga (*Aedes triseriatus*).

Kanecada godka jirridaha dhirta waxaa laga helaa si gaar ah aagagga geedaha ama hadhka leh, inta badanna kama fogaato aagga ay ku nooshahay wax ka badan 200 oo tallaabo. Waxay wax cuntaa maalintii, si ka duwan kanecoo badan oo kale oo wax cunta inta badan fiidkii iyo waabarigii.

Kanecada godka jirridaha dhirta waxay ku dhashaa godadka geedaha ee biyaha qabta (meelaha biyuhu ku ururaan ee u dhaxaysa jirrida wayn ee geedaha leh hala ama ka badan oo jirridood). Waxay sidoo kale ku dhali karaan taayirada qashinka ah,

baaldiyada, iyo weel kasta oo qabta biyaha roobka.

Kaneecada godadka jirridaha dhirta ee dheddig waxay u gudbin kartaa fayraska La Crosse iyada ukunteeda. Qaabkan, fayraska waxaa lagu hayaa meelo isku mid ah sanadba kan ka dambeeya. Haddii tiro badan oo ah weelasha biyaha qabta ay jiraan aag fayraska La Crosse ah sidoo kale ka jiro, waxa jiri kara lambarro sare oo kaneecada cudurka sidda ah dhammaadka xagaaga. Khatarta ugu badan ee *La Crosse encephalitis* ee Minnesota ayaa caadi ahaan taagan laga bilaabo bartamaha Luulyo ilaa bartamaha Sebtembar.

Maxay dadku samayn karaan si looga hortago *La Crosse encephalitis*?

Habka ugu fiican ee looga hortago *La Crosse encephalitis* waa inaad ka tirtirto deegaanada kaneecadu ku dhasho gurigaaga:

- Ka buuxi godadka geedaha ee biyaha qabta wasakh ama ciid.
- Dib-u-warshadee taayirrada qadiimiga ah ama ku kaydi meesha ayna ka qaban karin biyaha roobka.
- Biyaha ka faaruqi hareeraha gurigaaga ugu yaraan toddobaadkii halmar si looga hortago kaneecadu inay u isticmaasho weelka meelo ay ku dhasho.
 - Baaldiyada, weelka ubaxa/soosariska, baaquliyada rabbaayadaha, qubaysyada shimbiraha, barkadaha kalluunka, iwm.
- Hubi majaroorada oo si joogto ah uga gur caleemaha si biyuhu si fiican u maraan.

- Giiji daboolada dabacsan si ayna biyuhu ugu ururin.
- Si adag u dabool weelka biyaha lagu kaydiyo (tusaale ahaan, foostada roobka).

Si looga hortago cudurka *La Crosse encephalitis* iyo cudurada kale ee kaneecadu keento ee Minnesota, ka ilaali naftaada iyo qoyskaaga qaniinyada kaneecada:

- Isticmaal celiyayaasha leh DEET iyada oo la raacayo tilmaamaha calaamadda - ilaa 30% (boqolkiba sodon) DEET waa ammaan waxayna waxtar u leedahay dadka qaangaarka ah iyo carruurta ka wayn da'da laba bilood. Celiyayaasha kale ee wax-ku-oolka ah waxaa ka mid ah picaridin, IR3535, iyo saliidda liindhanaanta eucalyptus. Kaliya isticmaalka alaabada ka diiwaangashan Hay'adda Ilaalinta Deegaanka.
- Hore u sii daawee dharka oo ku qalabee alaabta permethrin-kujirto.
- Xiro shaadhadh iyo surwaalo balaq ah oo dhaadheer.
- Ka ilaali kaneecada gurigaaga adigoo ilaalinaya xidhnaanshaha daaqadaha iyo albaabada.

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La Crosse Encephalitis – Somali (4/11/19)

Si aad ugu hesho macluumaadkan qaab kale, wac 651-201-5414. Waxaa lagu daabacay warqad dib loo warshadeeyey.